

## Useful information for participants

### 1. Venue

Thingaha Naypyitaw Hotel  
Yaza Thingaha Road, Hotel Zone, Nay Pyi Taw, Myanmar  
Tel : 95-67-414123-8  
Fax : 95-67-420728  
Email: info@thingahanaypyitaw.com  
Website : [www.edenhotelsandresorts.com](http://www.edenhotelsandresorts.com)

### 2. ABOUT NAY PYI TAW

Nay Pyi Taw is the administrative capital of the Republic of the Union of Myanmar. Centrally located, it is 391 km from Yangon and 302 km from Mandalay. Nay Pyi Taw comprises eight townships: Ze-yar-thi-ri, Pohb-ba-thi-ri, Ut-ta-ra-thi-ri, Za-bu-thi-ri, Dek-khi-na-thi-ri, Pyin-ma-na, Le-way and Tat-kone Townships.

### 3. Weather

The climate of Myanmar follows a monsoon pattern and a year is more or less equally divided into three weather patterns namely summer, rainy and winter. From March to May are summer months. Average temperature is between 35-40 Degree Celsius.

### 4. Hotel Accommodation

**Thingaha Naypyitaw hotel is recommended for all participants to stay during the workshop.**

Thinga means relationship and its Pali-Myanmar derivative Thingaha embodies the four binding concepts and core ideals of a relationship: benevolence; cherish; empathy and magnanimity. Developed in line with this meaning, the Thingaha welcomes all visitors and guests alike with genuine hospitality and every relationship that destiny brings to its doors.

Thingaha Naypyitaw Hotel  
Yaza Thingaha Road, Hotel Zone, Nay Pyi Taw, Myanmar  
Tel: 95-67-414123-8  
Fax : 95-67-420728  
Email: info@thingahanaypyitaw.com  
Website : [www.edenhotelsandresorts.com](http://www.edenhotelsandresorts.com)

ROOM TYPE	RATE(SINGLE/DOUBLE)
Suite room offer rate (Single & Double same rate including breakfast, tax & service)	US\$ 160 net per room per night
Deluxe room offer rate (Single & Double same rate including breakfast, tax & service)	US\$ 115 net per room per night
Pavilion room offer rate (Single & Double same rate including breakfast, tax & service)	US\$ 95 net per room per night
Standard room offer rate (Double rate including breakfast, tax & service)	US\$ 55 net per room per night
Standard room offer rate (Single rate including breakfast , tax & service)	US\$ 50 net per room per night

Check In Time : **14:00 hours**  
 Check Out Time : **12:00 noon**  
 Credit Cards Accepted: **Visa and Master**

**In order to be eligible for the special rates given above, please make your hotel booking at the earliest possible date. Please send the Hotel Reservation form to e-mail address: [info@thingahanaypyitaw.com](mailto:info@thingahanaypyitaw.com) with a copy to [dg.ptd@mptmail.net.mm](mailto:dg.ptd@mptmail.net.mm) and [winminaung01@gmail.com](mailto:winminaung01@gmail.com).**

## 5. Visa Information

Visa requirement to Myanmar may vary for the citizens of different countries. Please check the visa requirements with your nearest Myanmar Embassy or consulate general. Kindly visit the link <http://www.mofa.gov.mm> for more details. **According to the bilateral agreements, Cambodia, Indonesia, Laos, Malaysia and Vietnams officials, holding either diplomatic or official passports are entitled for visa exemption to Myanmar.** Your request for issuing a visa supporting letter should be sent by e-mail to the following contact person to issue timely delivery of the visa and a scanned copy of your passport should also accompany your request:

**Mr. Win Min Aung**  
**Assistant Director**  
**Posts and Telecommunications Department**  
**Ministry of Communications and Information Technology**  
**E-mail : [dg.ptd@mptmail.net.mm](mailto:dg.ptd@mptmail.net.mm) ; [winminaung01@gmail.com](mailto:winminaung01@gmail.com)**  
**Mobile : +95 9 448 0000 98**  
**Fax : +95 67 407 216**

## 6. Flight Information

Nay Pyi Taw International Airport is about 30 minutes' drive from Nay Pyi Taw. All domestic carriers operate daily flights from Nay Pyi Taw to the commercial city, Yangon and the cultural city, Mandalay. There are flights via Nay Pyi Taw to tourist destinations such as Bagan, Heho, Sittway, Myitkyina, and others. For domestic flight via Yangon, please book online at Myanmar National Airlines : <http://www.flymna.com/reservations-ticketing> and FMI Air : <http://www.fmiair.com/>. Bangkok Airways operates direct flights from Bangkok to Nay Pyi Taw from Monday to Friday. For flights via Bangkok Airways, please book online at <https://bangkokair.com>.

## **7. Transportation from Airport to Hotel**

Delegates are requested to provide their travel information to the local secretariat. Round trip transportation from Nay Pyi Taw International Airport to the Thingaha Hotel will be provided by the local secretariat. Participants should fill out the arrival and transportation Form and send it by e-mail to [dg.ptd@mptmail.net.mm](mailto:dg.ptd@mptmail.net.mm) and copy to [winminaung01@gmail.com](mailto:winminaung01@gmail.com).

## **8. Time zone**

GMT + 6:30 hours

## **9. Banking facilities**

Myanmar's official currency is Myanmar Kyats (MMK). The exchange rate is roughly 1220 Kyats equivalent to 1 USD as of March 4, 2016. Kindly visit the below link for more detailed information: <http://www.cbm.gov.mm>. Foreign currency can be exchanged at any authorized money changer counter. Normal banking hours are 09:00am to 16:30pm on weekdays. Credit cards including Visa Card, Master Card, JCB and China Union Pay Card are accepted in many major hotels, shopping malls and restaurants.

## **10. Electricity (voltage used)**

Supply voltage is 220V, 50Hz (see picture). Please bring the right adapter for your equipment.





## FORM – ARRIVAL AND TRANSPORTATION TO HOTEL



ITU Multi-Countries Workshop for National Focal Points on ICT Indicators and Measurements, 15-18 March 2016, Naypitaw, Myanmar



**To ensure transfer to and from the airport, participants are requested to complete and return this form to Mr Win Min Aung by e-mail to [dg.ptd@mptmail.net.mm](mailto:dg.ptd@mptmail.net.mm) ; [winminaung01@gmail.com](mailto:winminaung01@gmail.com)**

Family name.....

First name.....

Job Title .....

Organization..... Country .....

Telephone: :.....

Email:.....

Hotel where you are residing:

Hotel Name .....

Address .....

**Transportation will be provided from the airport to the hotel. Please provide your arrival and departure flight information to facilitate arrangements for transportation.**

Date of Arrival	Time of Flight Arrival	FLIGHT NO.
Date of Departure	Time of Flight Departure	FLIGHT NO.

\_\_\_\_\_